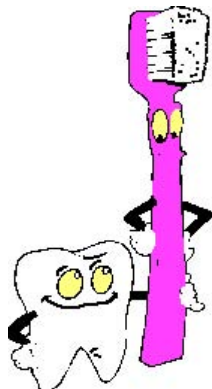


Why Does My Child Need Fluoride?

Making sure your child gets the right amount of fluoride is a great way to improve the health of your child's teeth & prevent tooth decay.

How Does Fluoride Benefit Teeth?

- Fluoride helps make teeth stronger.
- Fluoride helps prevent cavities.
- Adults too benefit from fluoride which decreases the risk of cavities later in life. Use of fluoridated water & dental products will help people maintain their oral health.



Can My Child Get Too Much Fluoride?

Yes. Too much fluoride can cause fluorosis. Fluorosis causes the teeth of the child to pit or become discolored. Fluorosis starts when fluoride levels exceed 2.0 ppm.

Preventing Fluorosis

- Keep toothpaste out of reach because children like to eat it.
- Keep bottles of fluoride tablets and drops out of reach.
- If you have a home well, the State Health Lab can test the water, for a fee. 1-800-592-1861

Reminder:

Teach your child not to swallow toothpaste or rinses. If they swallow the toothpaste or rinse, they may develop fluorosis.



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OH-002



Fluoride

And

Water.

What Parents

Should Know



How Can I Get Fluoride?

H₂O! One way to get fluoride is through drinking water. In South Dakota, cities and towns with a population of 500 and over add fluoride to the public water system to make the fluoride content 1.2 parts per million (ppm).



Tablets or drops. If there isn't the right amount of fluoride in your drinking water, your doctor or dentist can prescribe fluoride tablets or drops.

Brush those teeth. Fluoride rinse and toothpaste help prevent cavities. Remember, a small pea-size dab of toothpaste is plenty.



Does My Water Have Enough Fluoride?

Some water systems do not have enough naturally occurring or added fluoride for maximum benefits to children's teeth. Tap water that has been treated by filtration or reverse osmosis will have very little fluoride.

If your child's water is not fluoridated, a fluoride supplement may be used. The amount of supplement needed will depend on your child's age and the amount of fluoride he or she is already receiving. Ask your doctor or dentist if your child should have a fluoride supplement and how much they should have. Both doctors and dentists can prescribe fluoride supplements.

Bottled Water...

Not all bottled water contains fluoride. Check to make sure the water you and your child are drinking has added fluoride. If the information is not on the label, contact the individual bottling company directly.

Bottled water that has been treated via reverse osmosis, distillation or deionization will have very little fluoride. This generally includes water from vending machines in grocery stores. Ask to make sure your child is getting the fluoride he needs.

